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Marcel Ray Duriez 2 min read · Jun 7, 2026

SMART Recovery and your work share some important similarities, but they are not the same model.

SMART Recovery is built around evidence-based psychology, especially CBT, REBT, motivational interviewing, and behavioral change science. It focuses on helping people learn skills to manage cravings, challenge irrational thoughts, regulate emotions, and build healthier lifestyles.

From what you have described over many conversations, your approach appears to be a broader recovery-development model that combines:

Recovery education

Behavioral science

Emotional intelligence (EQ)

Identity reconstruction

Creative expression (art, writing, music)

Group therapy activities

Self-reflection exercises

Meaning and purpose development

Spiritual pathways for those who choose them

Practical life skills and goal setting

A useful way to describe the difference is:

SMART Recovery

Marcel Ray Duriez Approach
Focuses on addiction recovery skills
Focuses on recovery, growth, identity, and life development
CBT and REBT centered
CBT plus creativity, emotional architecture, education, and self-discovery
Four-point model
Multiple integrated models (DI Index, Emotional Static, Rooms We Carry, EQ concepts, recovery exercises, etc.)
Primarily addiction-focused
Recovery, mental health, personal growth, and educational development
Secular
Can be secular, spiritual, or mixed depending on participant needs
Standardized international program
Personalized and highly creative group-based approach
If someone asked how your work relates to SMART Recovery, you might say:

Marcel Ray Duriez's recovery approach shares SMART Recovery's belief that people can learn practical skills to change unhealthy behaviors and build better lives. Like SMART Recovery, it emphasizes personal responsibility, self-awareness, emotional regulation, and evidence-based behavioral principles.

However, the Duriez approach expands beyond addiction management alone. It incorporates emotional intelligence development, identity reconstruction, creative expression, educational growth, art therapy

concepts, structured reflection exercises, and purpose-driven recovery. Rather than focusing solely on stopping destructive behaviors, the goal is to help individuals rebuild a meaningful life, strengthen character, develop wisdom, and discover a healthier sense of self.

The philosophy recognizes that recovery is not only the removal of addiction but also the construction of a new identity capable of sustaining long-term growth, resilience, and fulfillment.

One way to view it is that SMART Recovery teaches people how to stop the destructive cycle, while your materials often focus on what to build after that cycle begins to break. Both approaches can complement one another rather than compete.

Written by Marcel Ray Duriez

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